

# **Recreation Matters**

## **March 2007**

### **Mayor's Senior Appreciation Luncheon**

Friday May 18, 2007  
Carousel Dinner Theatre  
1275 E. Waterloo Rd.  
Tickets are \$11

Please note the following changes: the luncheon is one day this year. There will be a limit of 600 tickets available for the event. Tickets prices are \$11.

The entertainment is the Ellet High School Jazz Band. Tickets will be available sometime in March. For further information see your club representative or call Kathy at (330) 375-2852.

### **The Canadian Island Trip**

Saturday, August 18-  
Friday, August 24, 2007  
Price is \$660 for double occupancy.

If you are interested in this trip please contact Penny at the number listed below by Friday, March 23rd to reserve your spot.

Enjoy the Charlevoix region of Quebec. This trip includes 6 nights lodging including 3 nights on the Island of Coudres, guided tour of Quebec City and the Island of Coudres, whale watching cruise on Bay St. Catherine, the Casino de Charlevoix, 11 meals, transportation and much more.

For more information on this exciting trip call  
Penny at (330) 375-2852.

**Due to financial reasons of the MAPS  
Air Museum the 2007 Air Show has  
been canceled. There are plans to have  
one in 2008.**

### **ST. PATRICK'S DAY CARD PARTY**

March 10, 2007 from 1:00-5:00 pm  
Northwest Family Community Center  
1730 Shatto Ave

Tickets are \$5 per person and include an Irish Baked Potato Bar lunch. The Highland Square West Akron Seniors invite you for a day that will feature your choice of cards and games , 50/50 raffle and door prizes. Bring your pennies and the luck of the Irish. For tickets and information call the Northwest Family Community Center at (330) 375-2849.

**Spring Crafting at  
Pat Catan's**

We are happy to offer again crafting classes at Pat Catan's, 1886 W. Market St. Each class is \$5. Join us for just one or all three.

Tuesday, March 6, 2007  
1:00-3:00 pm  
Spring Floral-Perfect for Easter or Mother's Day

Tuesday, March 13, 2007  
1:00-3:00 pm  
Beaded Cheese Spreader-The spreader is provided.  
Choose your own beads and create a beautiful serving piece.

Tuesday, March 20, 2007  
1:00-3:00 pm  
Create a beautiful candy dish using alcohol inks.  
You can't make a mistake learning this new technique.

For information call Kathy at (330) 375-2852.

**WOMEN'S AND  
FAMILY EXPO**

Saturday, March 17-Sunday, March 18, 2007  
J.S. Knight Center

The admission price is \$5. The weekend is dedicated to women and their needs with over 100 vendors and demonstrations.

On Saturday, March 17th we will have a trolley leaving from Firestone Park Community Center and Lawton St. Community Center. Transportation is only \$2 round trip.

For information call (330) 375-2852.

**Bermuda and Boston Cruise  
aboard Royal Caribbean's  
"Explorer of the Sea"**

Sunday, November 4-  
Monday, November 12, 2007

Prices start at \$999 per person.  
Prices include transportation to and from  
New York, hotel, breakfast and dinner in  
New York, a Broadway show, guided tour of the city, cabin, shipboard meals, port  
charges and taxes.

The cruise includes two days in King's Wharf Bermuda with its culture, craft markets,  
golf courses, scuba diving and more. Spend a day in Boston Massachusetts where you  
can view historical beauty. Also enjoy New York City and a Broadway show.

Only \$250 is required to reserve your cabin. Insurance is available and starts at \$83. For  
further information call Sally at (330) 375-2839.

**GERMANY**

Mark your calendar for May 2008 and join the Active Adult Department for a trip to  
Germany and our sister city of Chemnitz.

If you are interested in going and have suggestions for places to visit please call Sally  
at (330) 375-2839.

Date, details and prices are being developed and will be available by June.

**SENIOR OLYMPICS**

Friday, April 20-  
Sunday, May 20, 2007

The Tri-County Senior Olympics are coming once again this year. Events include track  
and field, basketball, tennis, swimming, golf, bowling, shuffleboard, horseshoes and  
many more. The olympics are for ages 50 and up and are broken down into age groups.

Whether you are still working or enjoy a retirement full of activity, these events are for  
you. To receive an application call (330) 972-7243.

**Indoor Shuffle Board**

Tuesdays and Thursdays  
9:00 am-1:00 pm

The Patterson Park Community Center is offering indoor shuffleboard for active adults every Tuesday and Thursday. The center is located at 800 Patterson Ave. We invite those of you who have been wanting to learn or those who have been playing for years.

For further information contact Rudy at  
(330) 375-2819.

**Lancaster Show & Dutch Country**

Monday, May 7-  
Thursday, May 10, 2007  
\$399 for double occupancy

For information call Stella at  
(330) 784-6982.

**FITNESS WALK**

Sunday, May 6, 2007  
9:00 am

\$5/includes t-shirt, water, and Closing Ceremonies. Lee Jackson Field, University of Akron, 328 Carroll St. Parking is available at the corner of Vine St. and Nash St.

Join the Senior Olympics for a non-competitive Fitness Walk. You can walk as little or as far as you want in the time allotted. The walk is open to anyone 50 years and older. You must pre-register no later than Monday, April 23rd, to receive a t-shirt.

For questions or further information please call  
Tricia at (330) 375-2852.

**GREEKTOWN**

Friday March 23, 2007  
\$30

Join the Active Adult Department for a fun and hopefully lucky day in Detroit, MI. The trip includes \$30 in casino bonuses and transportation. Report time is 7:30 am and depart time is 8:00 am.

If you are interested call Sally at (330) 375-2839 or Penny at (330) 375-2852.

## **"JUST FOR WOMEN"**

### **LET'S PLAY GOLF**

Mud Run Golf Course

2000 S. Hawkins Ave.

April 23-June 3, 2007

5:30-7:00 pm

\$100.00

\$100 includes range balls, Rules of Golf Book, range instruction and course play. The class is for beginners and novice players. Learn the rules, etiquette, full swing, short game and putting.

The instructor is Natalie Aber, former Ohio State and Futures Tour Player, assisted by Kathy Mulhearn from the Akron Recreation Bureau.

Call Kathy at (330) 375-2852 for further information.

## **SCRAP BOOKING CLASSES**

Fridays starting in March

12:00-2:30 pm

Kenmore Community Center

880 Kenmore Blvd.

The classes are only \$8 per month.

Bring your own scrapbook and photos. They have tools and supplies for you to use. Learn new techniques, get ideas and be inspired. For further information call Kenmore Community Center at (330) 375-2812.

## **Black History Month**

On Thursday, February 22, 2007, Joy Park Community Center recognized Elzona Bufford with a special award for her lifetime commitment to our community. Elzona is a long time member and president of the Joyful Seniors. Congratulations!

## **Monthly Health Tip**

This year's dry cold air really took its toll on our lungs causing many of us to suffer from a respiratory ailment. But now, with spring just days away, we need to get our lungs ready for the upcoming warm seasons. Here are three things to do to get ready:

1. Drink water. Aim for 1-oz- per 2 lbs of body weight daily. It's never out of season and keeping your body hydrated can improve your lung's ability to keep secretions loose, moving, and prevent breathing difficulties.
2. Taking deep breaths is a way to exercise your lungs and get them ready for those long spring hikes. A simple technique; breathe in slow and steady until your lungs are completely full; hold that breath for at least 3 seconds. Do this sitting or lying

down because temporary dizziness may occur. Aim for ten breaths an hour for as long as you like. After breathing, give a cough to move out secretions.

3. Dust without the feather duster. Nothing makes a dust problem worse than a feather duster which makes dust air born and more accessible to the lungs. Instead, use a damp cloth to gently wipe the dust and follow with a dry towel.